

VISIT...

LANZAROTE
Caliente.COM

EQUO MORTEM PROGRAM

This workout routine assumes you are doing a morning run (to increase run time), an evening or before bed press up/sit up/yoga mini session and have the understanding of how to test your maxes in a movement and assess form etc.

All of this needs to be concrete before the routine can be focused on 100%.

We also assume everyone here knows what a calisthenic/centurion method style workout would look like and how to push yourself right to the end of a workout.

Split

Monday	– Press/Shoulders
Tuesday	– Squat/Legs
Wednesday	– Bench/Chest
Thursday	– Circuits
Friday	– Arms/Bodybuilding
Saturday	– Deadlift/Back
Sunday	– Rest Day

Key

“Rest/pause technique” means that you pause briefly in the maximum extension of the exercise - so for example doing a high row, you pause and hold in the highest part of the row and then after the rep you have a brief rest before continuing.

“Cheat technique” means that when you have reached failure in a set using perfect form you then begin to allow other muscles to assist and use momentum etc. to move the weight.

PRESS/SHOULDERS

1. Powerclean – four warm up sets – progressing toward working weight
2. Clean & Press – 5 singles @ 70-80% of max
3. Military Press – 2 sets of 5 @ 80-90% of max
4. Push Press (barbell or one dumbbell each side) – 2 sets of 5 @ 80-90% of max
5. Olympic High Pull – 3 sets of 5 @ 100-110% of clean and press max using rest/pause technique
6. High Row – 2 sets of 10 @ 50% of clean and press max using rest/pause technique
7. Lateral Raise – 20-30 reps using rest/pause and cheat technique
8. Dips – to failure
9. Calisthenics/Centurion Method/CrossFit/military circuit to finish

SQUAT/LEGS

1. Back Squat – 3 warm up sets toward working weight
2. Back Squat – 5 singles @ 80-90% of max
3. Back Squat – 5 sets of 10 @ 60-70% of max using rest/pause technique
4. Front Squat – 5 sets of 10 @ 50% of back squat max
5. Barbell Lunges – to failure on each leg
6. Farmer Carry – using two heavy dumbbells – 2 sets to failure
7. Calf Raises – 5 sets of 10 @ 90-100% of back squat max
8. Jump Squats – 2 sets to failure
9. Calisthenics/Centurion Method/CrossFit/military circuit to finish

BENCH/CHEST

1. Bench Press – four warm up sets – progressing toward working weight
2. Bench Press – 5 singles @ 80-90% of max
3. Bench Press – 2 sets of 15-20 reps @ 60-70% of max
4. Lying Pullover – 1 set to failure
5. Push Ups – 1 set to failure using rest/pause technique
6. Flye Superset – the following three times (10 x lying flyes / 10 x standing flyes / 10 x lying dumbbell press) using dumbbells at 50-60% of max
7. Push Up Superset – the following three times (10 x wide grip press ups / 10 x decline press ups / 10 x commando press ups)
8. Calisthenics/Centurion Method/CrossFit/military circuit to finish

CIRCUITS

1. Martial Arts Warm Ups (Jimmy's Drills)
2. Martial Arts Drills (Jimmy's Drills)
3. Ground Circuit – a circuit of your choice focusing on ground work
4. Standing Circuit – a circuit of your choice focusing on standing work
5. Core Circuit – a circuit of your choice focusing on abs
6. Explosive Circuit – a circuit of your choice focusing on plyometrics

ARMS/BODYBUILDING

1. Standing Barbell Curl – 3 warm up sets toward working weight
2. Standing Barbell Curl – 5 sets of 10 using rest/pause and cheat technique
3. Decline Triceps Extension – 4 warm up sets toward working weight
4. Decline Triceps Extension – 5 sets of 10
5. Dips – 2 sets to failure
6. Bicep Superset – the following three times (10 x dumbbell hammer curl / 10 x dumbbell bicep curl / 10 x dumbbell close pinch curl)
7. Tricep Superset – the following three times (10 x one armed skull crusher / 10 x tricep kickbacks / 10 x bent over hammer curl)
8. Bodybuilding/hypertrophy circuit to finish

DEADLIFT/BACK

1. Deadlift – four warm up sets – progressing toward working weight
2. Deadlift – 5 singles @ 80-90% of max
3. Deadlift – 2 sets of 8 @ 60-70% of max
4. Muslce Ups or Pull Ups – 2 sets to failure using rest/pause technique
5. Weighted Pull Ups – 2 sets to failure
6. Bent Over T-Bar Row – 2 sets of 10
7. Skull Crusher – 1 set to failure
8. Dumbbell Row – 1 set to failure each side using rest/pause technique
9. Olympic High Pull – 2 sets of 10
10. High Row – 2 sets of 10 using rest/pause and cheat technique